



SOUTHWEST COMMUNITY CENTER

**Program dates**

June 26 to September 15, 2006

Program registration

Registration begins May 30, 2006

Classes begin

Week of June 26 (unless otherwise noted)

Holiday Closures

Tuesday, July 4 & Monday, September 4

2801 SW Thistle Street • Seattle, WA 98126
206-684-7438 Fax: 206-233-7295 • Visit us on the web: www.seattle.gov/parks!

Southwest Community Center

2801 SW Thistle Street

Seattle, WA 98126

Phone: 206-684-7438 Fax 206-233-7295

Visit us online at www.seattle.gov/parks!**Hours of operation**

Monday and Wednesday 10 a.m. to 9 p.m.

Tuesday, Thursday, and Friday 1 to 9 p.m.

Saturday Closed

Sunday Closed

Late Night Hours of operation

Fridays and Saturdays 7 p.m. to Midnight

Program dates

June 26 to September 15, 2006

Holiday closures

Tuesday, July 4, Independence Day

Monday, September 4, Labor Day

Program registration

Registration begins May 30, 2006.

Some classes are on-going and have different registration dates.

Professional StaffKen Bounds, *Superintendent*B. J. Brooks, *Deputy Superintendent*Christopher Williams, *Operations Director*Katie Gray, *South Recreation Manager*Naseri Kitiona, Jr., *Center Coordinator*Rachel Wander, *Assistant Center Coordinator*Dorothy Talamaivao, *Teen Development Leader*Khadijah Hamadi, *School-Age Child Care Director*Semere Melake, *Recreation Leader*Bryan Hayes, *Recreation Program Specialist*Rosalia Martinez, *Recreation Attendant*Richard Lemier, *Building Maintenance*Mary Dalzell, *Senior Adult Specialist*And a variety of other wonderful staff
and volunteers!**Mission**

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks! You can find this brochure information online.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to Southwest Advisory Council. **Please note:** Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Volunteers Needed!

Your friendly neighborhood community center, Southwest, needs your help if we want to have some great and exciting events this Spring. If you are interested, please contact us at #684-7438. This is a great opportunity for High School students to get their required community service hours as well.

Youth Programs

Before and After School Program

The Southwest Community Center's Before & After School program offers child-friendly care that is easy for working parents of kindergarten-5th graders. There's so much to do and so little time — games, cooking, playing, reading, art, crafts, sports, music, dance, computers, ball fields, playgrounds, special visitors, special interest groups, and field trips — WOW! This Southwest CC program is a fully-licensed DSHS site which provides for the highest quality time away from school or home. The staff members at Southwest CC strive to provide your children with opportunities for choice and self-direction while encouraging each child's creativity and uniqueness.

Come join the Southwest staff, led by director Khadijah Hamadi, for an exciting 2005-2006 school year.

We follow the Seattle Public School District schedule: Wed, September 6 – June 20, 2007. Program fees are spread evenly through the entire 10 months (178 days) of school. Half-days are included in program cost as well as non-school days for children enrolled full-time. There are additional fees for non-school days when children are enrolled part-time. Week-long breaks are an additional cost for all children. Southwest CC is closed on all national holidays. Breakfast and snack are included.

Advance registration and payment required. Register now. Please indicate if you're registering for Before Care, After Care, or both. Payment is based on 5 days per week and there are no part-time or partial day options. \$10 discount per program/per month for second and third child.

Scholarships are available for qualifying families. Please request information from Southwest CC at 206-684-7438 or contact the Scholarship Office at 206-684-7481.

Director: Khadijah Amoush

Age: K to 5th Grade

Before School Program **\$160/month**

Mon – Fri **7 – 9 a.m.**

After School Program **\$245/month**

Mon – Fri **3 – 6 p.m.**

2006-'07 School Year Registration

Registration for September 2006-June 2007 Before and After School Care begins May 15, 2006. Our limit is 52, so register early to reserve your children's spots in Southwest Community Center's AM & PM programs.



Summer Day Camp 2006



Summer Day Camp 2006 \$135/wk

Southwest Summer Camp is like no other! Camp kids are singing the praises of Summer Camp all over the Southside! Join an enthusiastic, experienced, passionate, and fun staff for an amazing summer of adventures, memories and experiences that are sure to give them something to write about on the first day of school when the teacher says, "What did you do this summer?"

Please bring a copy of your child's immunization records and be prepared to complete a packet of paperwork. You will be asked to provide medical information which includes the name, location, and phone number of your child's doctor, a medical insurance card, and any allergies or other special conditions.

Register Now!

Space is limited to 52 children and is on a first-come, first-served basis. \$25 non-refundable, non-transferable deposit per child per week due at registration. Payment is required to reserve your child's spot for the week. There is no part-time or drop-in care. Participants must sign up for an entire week. \$25 deposit will be applied to the camp fee.

Scholarships are available for qualified participants. Please see front desk staff for more information.

Monday - Friday

7 a.m. - 6 p.m.

10 Great Weeks...10 Great Themes!

Creation Station!

Jun 26 - 30

Creativity is endless this week as campers are offered a variety of artistic media to express themselves with. Explore techniques such as marbled paper, candle making, woodworking, and recyclable art and take-apart creations!

Entrepreneur!

Jul 3 - 7

Want to run your own business or try your hand at bartering? This is your week! Staff and campers have many ideas including a lemonade stand and a bake sale. Join us for an all-time camp favorite: "Market" (campers create their own items and trade and barter with others for theirs). Bring your ideas and your ambition and join us for a week of Apprentice-style fun! ***Please note: no camp Tue, Jul 4. Pro-rated fee: \$108.**

Green Thumb!

Jul 10 - 14

Campers engage in a variety of hands-on activities including environment and gardening! Some planned projects are garden stepping stone creations, mosaic pot creations, and individualized bird baths. At our visit to Camp Long, campers can hike, play a game in the field, explore the pond, or climb "Big Foot" Rock! Grab your shovels and some gardening gloves and we'll see you there!

Magical Mayhem!

Jul 17 - 21

Imagination, fantasy, and role playing! Camp staff guide you through a week of theatrical games, prop making, costume design, and acting, culminating in a campwide theatrical performance that parents are welcome to attend. Come as a fairy one day, a superhero the next, your favorite music diva or sports star. All dreams and dress up welcome this week!

Wheelin' & Dealin'

Jul 24 - 28

Strolling, rolling, wheeling and scooting. A day set aside for all campers to bring in their blades, skates, boards or bikes as we set up our own rollerfest. Highlights for the week include Blast to the Past Day where campers can throw on their Tie Dye, come for crazy hair and head out to our favorite roller rink for an afternoon of skating to our favorite tunes.

Congratulations Khadijah!

Congratulations to Southwest Community Center Child Care Director Khadijah Amoush and her husband Abdallah who welcomed their new daughter Laila into the world Friday, April 17, 2006!

Fish Tastic Week

Jul 31 - Aug 4

Bubble! Bubble! Bubble! Come on in for an undersea adventure. We'll make our own sushi, visit the Seattle Aquarium, and swim like the fishes in the Puget Sound in honor of our fish-tastic friends. Highlighted event this week is a ferry boat ride! Make sure to bring a loaf of bread and some old shoes for some beach combing on the other side of the ferry ride!

Let's Get Physical!

Aug 7 - 11

Get those muscles moving and brain ticking. Group games (new & old), traditional sports (football, soccer & baseball), inner mixed with some old picnic favorites like Tug O' War and a three-legged race. There is something for everyone! Highlight of the week is a camp-wide "Olympics"! Bring your energy & your sportsmanship and will see you on the field!

Mad Scientist!

Aug 14 - 18

Calling all future Einsteins — this week is for you! This week is gonna get messy as the staff challenge your creativity and get your juices flowing with an array of cool hands-on science activities that will sure to have you pondering the what & why of how things work. Back by popular demand this week is the ever famous Egg Drop! Let's just say it involves a raw egg, a big building, and a lot of recyclable products. Bring your play clothes, it's gonna get messy!

Roughing It!

Aug 21 - 25

Grab your backpack and hiking boots and start the week by testing your physical endurance on the Melakwa Lake Trail near Pratt Lake. After a short hike campers will be treated to a natural swimming hole with slides and cool mountain water. It wouldn't be a week of "Roughing it!" if there wasn't some berry picking and homemade jam making involved. Southwest Fear Factor is back...come for whatever challenges the staff may have awaiting you!

Splish! Splash!

Aug 28 - Sep 1

Grab your rubber ducky and your favorite pair of flip flops. Campers are headed out each day for some swimming, beach combing, and sand castle building at some of our favorite swim spots. Some definite stops are the Henry Moses Aquatic Center (our very own mini wild waves) and Colman Pool (Experience a salt water pool near the sound). Included in the week's extravanga is Boat'em Float'ems, an activity where campers design their own water vessel and see if it sinks or floats.

First Aid, Health, & Safety

American Red Cross Adult First Aid & CPR

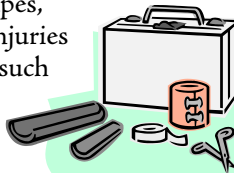
\$54/class

This two-day course is a dynamic, efficient, and effective training for those who want to learn the basics of adult First Aid & CPR.

Students must pre-register to attend. To register: Call the American Red Cross Health and Safety Department during normal business hours at 206-726-3534 or register on-line at www.seattleredcross.org

In the First Aid component, participants will learn to:

- ☛ Check an unconscious victim
- ☛ Recognize an emergency and overcome the reluctance to act
- ☛ Minimize the effect of shock
- ☛ Treat sudden illnesses, including poisonings and heat and cold emergencies
- ☛ Perform first aid for cuts, scrapes, bruises, burns, bleeding and injuries to bones, joints, and muscles, such as sprains and strains
- ☛ Use the EMS system/9-1-1



In the CPR component, participants will learn to:

- ☛ Check an unconscious victim
- ☛ Recognize and emergency and overcome the reluctance to act
- ☛ Recognize and care for choking, breathing, and cardiac emergencies in victims who are 8 years old and older
- ☛ Prevent heart disease
- ☛ Use the EMS system/9-1-1

Mon, Jul 24/Wed, Jul 26	4:30 – 8:30 p.m.
Mon, Aug 28/Wed, Aug 30	4:30 – 8:30 p.m.
Mon, Sep 25/Wed, Sep 27	4:30 – 8:30 p.m.

All Ages

Denny Community Learning Center Free

The Denny Middle School Learning Center, in partnership with Denny Middle School, will be offering a six-week Summer program. Summer activities will include:

- | | |
|------------------------|--------------------|
| ☛ Field Trips | ☛ Swimming |
| ☛ Academic Classes | ☛ Canoeing |
| ☛ Recreational Classes | ☛ Kayaking |
| ☛ Cooking | ☛ Martial Arts |
| ☛ Arts | ☛ Chess |
| ☛ Golf | ☛ Music Production |

For more information or to register, please call:
(206) 252-8987

Ages Middle School

Mon – Fri 10:30 a.m. – 5:30 p.m. Jun 26 – Aug 4

Sneak Preview of Fall Sports

Here's a sneak preview of our Fall Sports programs:

- ☛ Flag Football
- ☛ Girl's Volleyball
- ☛ Basketball Sign-ups

For more information, contact Southwest Community Center #684-7438 or check our Fall brochure the end of August.

Karate

\$60/session

Build self-esteem, self-control, and self-defense techniques while you make new friends. Learn basic concepts and forms of Japanese Butokukan Karate. You will also be introduced to concepts from Kenpo, Kung-Fu, and Aikido.

Age: 8 and up

Instructor: Tyron Asphy

Session I

Tue/Thu 6:30 – 8:30 p.m. Jun 6 – Aug 10

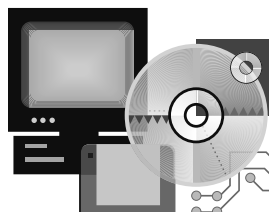
Session II

Tue/Thu 6:30 – 8:30 p.m. Aug 15 – Sep 21

Computer Lab

Free

The lab will be closed Tuesday, July 4 and Monday, September 4.



Adult Open Lab (Ages 18+)

Mon/Wed 10 a.m. – 1 p.m.

Teen Open Lab

Mon – Fri 5 – 8 p.m.

Southwest Teen Life Center

Teen Life Center

Free!

Want something to do this summer? Hang out with friends? Relax, play and learn? Come be a part of our NEW Teen Life Center. Play pool, ping-pong, watch TV, and play video games in our Game Room. Hang-out, relax, eat, and read in the Teen Lounge. Work on the computer, explore the internet or work on a project in our beautiful Computer Lab.

Mon – Fri

2:30 – 9 p.m.

Southwest Teen Council

Come and be heard! Help plan, develop and implement YOUR programs, projects and Special Events. Gain high school service-learning hours and develop valuable life skills. Join now by picking up an application from the Teen Life Center.

Attention All Students!

All students needing to earn community service and service learning credits! **Students can participate in** environmental projects, community service, youth camp assistant, tutoring, Train the Trainer, and much more!

Computer Lab Time

Work on projects, school work, explore and investigate. Take advantage of our new state-of-the art computers.

Mon – Fri

5 – 8 p.m.

Teen Life Center Café

Please support the Teen Life Center Café. We have all the goodies — candy, hot dogs, pop, chips, juice, coffee, hot cocoa, hot apple cider — and lots more!

Mon – Fri

2:30 – 8:30 p.m.

Music Program

Explore and develop your musical skills and talents. Join "In the Mix" Music Program every Friday at the Southwest Teen Life Center.

Fridays

7 – 8:30 p.m.

Teen Summer Boating

Do you love adventure? Want to learn Canoeing and Kayaking? Then this event is for you!

Monday, July 3

11:45 a.m. – 1 p.m.

Tuesdays, July 7, 11, 18, and 25

11:45 a.m. – 1 p.m.

Need More Info About Teen Programs or Special Events?

Stop by the Southwest Teen Life Center or give us a call at 206-684-4115!

Weekly Field Trips

Something for everyone!! Every week, either Wednesday, Thursday, or Friday, you are invited to join us on a fun-filled field trip.

July

☛ Lock-In sleep Over

☛ Wild Waves

☛ GameWorks

☛ Beach Swimming

☛ Family Fun Center

August

☛ Camping Trip & River Rafting

☛ Rock Climbing

☛ Wild Waves

☛ Bowling

Dates to be announced. Some events require advance registration, parental permission slips, and fees.

Late Night

Providing our teens with positive alternatives to alcohol, drugs, gangs, and other unsuitable activities are the goals of Late Night. These goals are accomplished through intercultural activities, sports, arts & culture, educational workshops, special events, and mentoring. The Late Night Program is open to youth ages 13 to 19 who are interested in making positive changes in themselves and their community. Free activities include arts & crafts, basketball, volleyball, dances, cooking, video games, food, and the computer lab!

Fridays & Saturdays

7 – 11 p.m.

Free



Special Events

The Southwest Teen Life Center hosts a variety of special events throughout the year such as dances, field trips, bowling, and more.

Free Swim

Free

Join fellow swimmers for our once-a-month "Free Swim" at the Southwest Pool. *Please call to confirm dates.

Fri, Jun 23, Jul 28, Aug 26*

8:30 – 10 p.m.

Teen Dances

\$2

Come enjoy an evening of music, dance and magic. Organized and supervised by teens for teens.

Dates to be announced.

Adult Programs

Adult Basketball Drop-In

\$2 drop-in

Need a Break? Want to get a little exercise? Join us for a dose of basketball fun on Monday & Thursday evenings or Wednesday afternoons.

Age: 18 and over

Mondays

6:30 – 9 p.m.



Adult Volleyball Drop-In

Thursdays

6:30 – 8:30 p.m.

Saturdays

2 – 4:30 p.m.

Fees: \$2 drop-in

Weekend Gym Rentals

Southwest Community Center's new state of the art gym is available for you to rent every Saturday and Sunday. Have a group of volleyball players? Is it too cold for you and your crew to play basketball outside? Is Pickleball your passion? Or Badminton? Then rent our gym for your private use. It's easy and affordable. Check out the back page of this brochure for more details.

Volunteers Needed!

Your friendly neighborhood community center, Southwest, needs your help if we want to have some great and exciting events this Spring. If you are interested, please contact us at #684-7438. This is a great opportunity for High School students as well, to get their required community service hours.

Special Populations

Southend Social

Free

Seattle Parks & Recreation's Specialized Programs is hosting a weekly social with an exciting calendar of activities. Please call 206-684-4950 to register.

Age: 18 or older

Thursdays

6:30 – 8 p.m.

Jun 15 – Aug 17

More Information

For more information about programs for youth and adults with special needs, please call the Special Populations Office at 206-684-4950 or visit our web site: www.seattle.gov/parks/SpecialPops/index.htm



Alki Bathhouse Art Program — Summer 2006

This is a partial list of summer art classes being held at Alki Bathhouse.

Call Alki Community Center at (206) 684-7430 for information on other classes.

Painting and Drawing

Dancing with Color \$65/7 wks

Age: Adult

Thursdays 6 – 8 p.m. 7/13 – 8/24

Drawing for Adults \$70/7 wks

Age: Adult

Thursdays 7 – 8:30 p.m. 7/13 – 8/24

Beginning Charcoal Drawing \$110/7 wks

Age: Adult

Tuesdays 6 – 9 p.m. 7/11 – 8/22

Oils from Backroads \$80/5wks

Age: 18 to 99

Mondays 7 – 9 p.m. 7/31 – 8/28

Drawing for the Terrified \$75/4wks

Age: 18 to 99

Mondays 6 – 7:30 p.m. 7/10 – 7/31

Aquarelle Pencil Drawing \$100/4wks

Age: 18 to 99

Tuesdays 10 a.m. – 1 p.m. 7/11 – 8/1

Kids' Art

Cartooning \$55/7 wks

Age: 8 to 12

Tuesdays 5 – 6 p.m. 7/11 – 8/22

Beginning Drawing for Youth \$55/7 wks

Age: 10 to 14 years old

Tuesdays 6 – 7 p.m. 7/11 – 8/22



Art Madness: Mask Making and Sculpture \$75/7wks

Age: 12+

Thursdays

4:30 – 6:30 p.m.

7/13 – 8/24

Art Madness: Mixed Media and Recycled Materials \$75/7wks

Age: 9 to 12

Monday 4:30 – 6:30 p.m. 7/13 – 8/24

Art Madness Mixed Media Projects \$75/7wks

Age: 12+

Wednesdays 4:30 – 6:30 p.m. 7/13 – 8/24

Bright Art Start \$80/6wks

Paint Your Own Masterpiece

Age: 9 to 12

Tuesdays 4:30 – 5:30 p.m. 7/11 – 8/15

Pottery

Kids Pottery \$100/7 wks

Age: 5 to 10

Mondays 4 – 5 p.m. 7/10 – 8/14

Continuing Kids Pottery \$100/7 wks

Age: 7 to 11

Tuesdays 4 – 5 p.m. 7/11 – 8/15

Beginning Hand Building \$150/7 wks

Age: 18+

Mondays 6 – 9 p.m. 7/10 – 8/14

Beginning Wheel Throwing \$135/7 wks

Age: Adult

Wednesdays 6:30 – 8:30 p.m. 7/12 – 8/16

Intermediate Wheel Throwing \$135/7 wks

Age: Adult

Thursdays 6:30 – 8:30 p.m. 7/13 – 8/17

Advanced Wheel Throwing \$135/7 wks

Age: Adult

Thursdays 4 – 6 p.m. 7/13 – 8/17

Senior Adult Programs

Registration Information Classes/Special Events

Mary Dalzell, Recreation Specialist
935-2162

e-mail: mary.dalzell@seattle.gov

Program Dates: April 3 – June 16

No classes: Monday, May 29

Class Registrations begin now by calling
206-935-2162.

Please make checks payable to
Senior Adult Advisory Council and mail to:
Senior Programs, Attn: Mary - SW, 8061
Densmore Ave N, Seattle, WA 98103-4436

For more information, including citywide
events, please visit our web site at
www.seattle.gov/parks/Seniors/index.htm
or call the Senior Adult Programming
Office at 206-684-4951 and request a copy
of our latest brochure.

Southwest Book Club

Free

The Seattle Public Library provides books free of
charge to our group. We all read the same book and
then discuss. Group meets 1 p.m. the third Thursday
of each month at the High Point Library, 3411 SW
Raymond St.

Body Conditioning \$20 - 1 day/wk*

Fitness for the whole body. Gain strength and
greater flexibility with the use of dyna bands and
weights. **Instructor: Mary Dalzell**

Tue/Fri 10 – 11 a.m. Jul 7 – Sep 15

*\$40 - 2 days/wk

Pickleball \$2 drop-in (65+ \$1)

Indoor game that is a cross between tennis and
paddle ball. A good cardio workout.

Tue/Thu Noon - 2 p.m.

Volleyball \$2 drop-in (65+ \$1)

Drop in recreational play for men and women.

Tue/Thu 10 a.m. - Noon

Water Exercise

\$3 drop-in

This shallow end program provides a therapeutic
exercise time for senior adults. Participants can
expect increased strength and flexibility while
improving their cardiovascular system. No swim-
ming ability required. Call 684-7440 for addi-
tional information.

Tue/Thu 1:30 – 2:15 p.m. Jun 27 – Aug 31

Location: Southwest Pool

Bridge

Free

A drop-in program for this popular card game for
experienced players.

Mondays 10:30 a.m. – 2 p.m. Jul 3 – Sep 11

Wednesdays 10:30 a.m. – 2 p.m. Jul 5 – Sep 13

Consumer Scams

Free

The Seattle-King County Coalition for Respon-
sible Lending is assisting seniors by providing a
very readable brochure about consumer scams,
predatory lending and other financial issues that
can take advantage of seniors. The brochure is
called "Don't let the sharks lure you into danger-
ous waters". Questions, answers and resources
to help you keep your home and hold on to your
money. Please register by July 21st.

Instructor: Melissa S.

Tue, Aug 1

11 a.m. – Noon

Computer Classes

Free

Computer training and access at the Westwood
Heights Tech. Center located at 9455 27th Ave
SW. Call Jacque to register: 932-6942 x16.

Instructor: Jacque Cook

Beginners

Mon/Wed

11 a.m. – Noon

Open Access

Mon – Sat

Please call to confirm times

Computer Knowledge Shared

Tuesdays

10 – 11 a.m.

Beginning Computers

Learn the basics, e-mail, and the web.

Mon – Wed

10 – 11:30 a.m.

Senior Adult Field Trips

California Line Dance \$3.50

Join **Cheryle Spangler**, who is visiting from California, in a variety of dances. She has been teaching for 7 years and is currently teaching 7 classes per week. She will be here compliments of her good friends Paul and Linda Reese. **Please register by August 16 by calling Angela at Jefferson 684-7484 or Mary at High Point 935-2162.** Light refreshments served.

Wed, Aug 23 1 – 3 p.m.

Location: Jefferson CC, 3801 Beacon Ave S

Antique Auction \$5

A new experience! Attend an antique auction at Pacific Galleries. Preview items first; bidding begins at 10 a.m. After auction, time in their antique mall. **Registration begins June 15 at 8:30 a.m.**

Mon, Jun 26 8:45 a.m. – 4 p.m.

Art By The Bay \$10

Camano Islands 14th annual festival featuring over 100 artists, a variety of food, and entertainment. **Registration begins July 6 at 8:30 a.m.**

Sat, Jul 15 9 a.m. – 5 p.m.

King County Fair \$7

When was the last time you enjoyed the Enumclaw county fair? **Registration begins July 11 at 8:30 a.m.**

Thu, Jul 20 9 a.m. – 4 p.m.

Steilacoom Salmon Bake \$7

Small town spirit abounds in this annual event on the shores of Puget Sound. Variety of interesting sites in the area to see. **Registration begins July 13 at 8:30 a.m.**

Sun, Jul 30 9:30 a.m. – 4 p.m.

Gourmet Chocolate/Market \$7

Turn of the century handcrafted candy made right before your eyes. Cookies, chocolates, lollipops and ribbon candy. A stop at Woodinville farmer's market included. **Registration begins July 18 at 8:30 a.m.**

Sat, Aug 5 9:15 a.m. – 3 p.m.



Mystery \$6

Involves a boat and you must be mobile to board. There is a slight chance of date change. This trip includes other sites as well. **Registration begins July 25 at 8:30 a.m.**

Thu, Aug 10 9 a.m. – 4 p.m.

Mt. Vernon Walking Tour \$9

Olde town walking tour. A stroll back through history. This is a self guided tour so take your time. **Registration begins August 8 at 8:30 a.m.**

Thu, Aug 24 9:30 a.m. – 5 p.m.

Victorian Tea Room \$6

This is a repeat trip to the Port Orchard Rose room for tea and lunch. The set lunch of Approx. \$13 plus ferry fees are not included in price. **Registration begins August 15 at 8:30 a.m.**

Thu, Aug 31 10 a.m. – 4:30 p.m.

Small Towns \$8

Snoqualmie, Mt. Si, and North Bend will be our sites. We'll ramble around and see what is happening. **Registration begins August 22 at 8:30 a.m.**

Thu, Sep 14 9:30 a.m. – 4 p.m.

Trip Registration Information

- **Payment** must be received 5 working days *prior* to departure.
- **Make checks payable to:** Senior Adult Advisory Council ("SAAC")
- **Mail checks to:** Senior Programs, Attn: Mary, 8061 Densmore Ave. N, Seattle, WA 98103-4436

Note: Trip times/costs/destinations are subject to change. **All trips — lunch on your own.**

Trip Registration: Register by calling 206-935-2162 on or after the date and time listed for each trip. Van pickup from Southwest CC.

Southwest Pool Daily Schedule Spring 2006: 6/24 – 9/3

Mondays & Wednesdays

6:00 – 7:30 a.m.	Early Morning Lap Swim ¹
7:30 – 9:30 a.m.	Swim Team Workout
9:30 – Noon	Swim Lessons
Noon – 1:30 p.m.	Adult & Senior Swim
1:30 – 3:00	Public Swim
3:00 – 4:00	Lap Swim
4:00 – 5:30	Swim Lessons
5:30 – 6:30	Lap Swim
6:30 – 7:15 (Wed)	Springboard Diving
6:30 – 7:30	Swim Lessons
7:30 – 8:15	Hydro-Fit (<i>deep end</i>)
7:30 – 8:30	Shallow End
	Public Swim

Tuesdays & Thursdays

7:30 – 9:30 a.m.	Swim Team Workout
9:30 – Noon	Swim Lessons
Noon – 1:30 p.m.	Adult & Senior Swim
1:30 – 2:30	Senior Adult
	Water Exercise
2:35 – 4:00	Public Swim
4:30 – 5:00	Three Year Old Lessons
5:00 – 6:00	Lap Swim
6:00 – 7:30	Swim Lessons
7:30 – 8:30	Public Swim
8:30 – 9:15	Hydro-Fit (<i>deep end</i>)
8:30 – 9:15	Adult Water Aerobics
	(<i>shallow end</i>)

Fridays

6:00 – 7:30 a.m.	Early Morning Lap Swim ¹
7:30 – 9:30 a.m.	Swim Team Workout
9:30 – Noon	Swim Lessons
Noon – 1:30 p.m.	Adult & Senior Swim
1:30 – 3:00	Public Swim
3:00 – 4:00	Lap Swim
4:00 – 4:45	Springboard Diving
	Lessons
4:30 – 5:30	Public Swim
5:30 – 7:00	Lap Swim
7:00 – 8:00	Family Swim
8:00 – 10:00	Rentals (Call to Schedule)

¹Admission to EMLS by swim ticket only.

Pool Closed

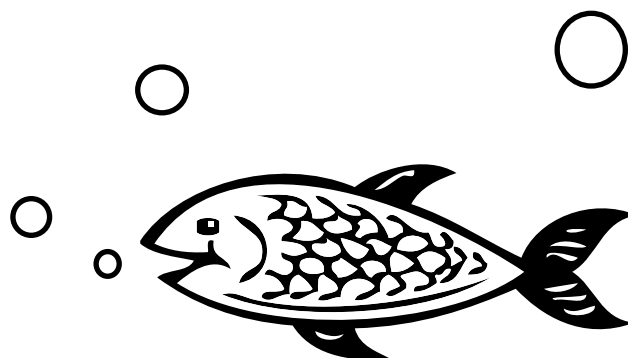
Tuesday, July 4	Independence Day
Monday, September 4	Labor Day

Saturdays

9:30 – 10:30 a.m.	Lap Swim
10:30 – 11:00	Private Lessons
10:30 – Noon	Swim Lessons
Noon – 1:00 p.m.	Lap Swim
Noon – 1:00	Triathlete Training
1:00 – 2:00	Public Swim
2:00 – 10:00	Rentals (Call to Schedule)

Sundays

11:00 – 12:30 p.m.	Adult & Senior Swim
12:30 – 2:00	Swim Lessons
2:00 – 3:00	Family Swim
3:00 – 4:00	Special Pops Lessons
4:00 – 5:00	Public Swim
5:00 – 6:00	Lap Swim
6:00 – 10:00	Rentals (Call to Schedule)



Facility Fees & Charges

Youth (1 – 17)	\$2.75
Adult (18 – 64)	\$3.75
Senior Adult (65+)	\$2.75
Special Populations	\$2.75
Masters Workout	\$4.75
Water Aerobics	\$4.75
Hydro-Fit/Aqua Jog	\$4.75
Sr. Adult Water Aerobics	\$3.00
Non-Recreation Spa,	
Weights, Sauna Use	\$3.75
Recreation Pass (Save \$2)	\$20.00
Fitness Pass (Save \$3)	\$30.00
Water Equipment Rental	\$1.50
Showers	\$3.75

Southwest Pool offers a comprehensive swim lesson program.
Call (206) 684-7440 for class information and registration dates.

Southwest Pool Recreational & Fitness Programs

Adult/Senior Adult Swim

A recreational swim period for adults 18 years and over. Fast, medium, and easy lanes available for fitness swimming.

Monday – Friday Noon – 1:30 p.m.
Sunday 11 a.m. – 12:30 p.m.

Lap Swim

This program is designed for the serious swimmer as well as those who want to work on conditioning. We have lanes set aside that designate different swimming ability levels.

M/W/F* 6:00 – 7:30 a.m.
M/W/F 3:00 – 4:00 p.m.
M/W 5:30 – 6:30 p.m.
T/TH 5:00 – 6:00 p.m.
Friday 5:30 – 7:00 p.m.
Saturday 9:30 – 10:30 a.m.
Saturday Noon – 1:00 p.m.

*Admission to EMLS by swim ticket only.

Public Swim

This is a recreational time for all ages. You may bring your clean masks, fins, snorkels, life preservers, and water wings to use.

Mon/Wed/Fri 1:30 – 3:00 p.m.
Tue/Thu 2:35 – 4:00 p.m.
Monday – Thursday 7:30 – 8:30 p.m.
(Mon. & Wed. eves are shallow end only.)
Friday 4:30 – 5:30 p.m.
Saturday 1:00 – 2:00 p.m.
Sunday 4:00 – 5:00 p.m.

Family Float Swim

The family float swim is a recreational time for the family. A parent/guardian must accompany youth under 18 yrs. in the water.

Friday 1:30 – 3:00 p.m.
Friday 7:00 – 8:00 p.m.
Sunday 2:00 – 3:00 p.m.

Looking for Private Lessons?

We offer private lessons at a variety of times. To schedule, call Diane Jones or Nancy Eisner at (206) 684-7440.

Adult Water Aerobics

This 45-minute program is designed to tone up muscles and stay fit. Emphasis on flexibility and range of motion. This class is taught in the shallow end. No swimming ability required.

Tuesday & Thursday 8:30 – 9:15 p.m.
Class Fee: \$4.75 Adults/\$3.00 Seniors

Adult Hydro-Fit

Hydro-Fit is a 45-minute deep-water, non-impact, adult exercise program. The use of specially-designed buoyancy and resistance apparatus provide a demanding workout for the whole body. Some deep water swimming ability required.

Monday & Wednesday 7:30 – 8:15 p.m.
Tuesday & Thursday 8:30 – 9:15 p.m.
Class Fee: \$4.75 Adults/\$3.00 Seniors

Senior Adult Water Exercise

This shallow-end program provides a therapeutic exercise time for senior adults. Participants can expect increased strength and flexibility while improving their cardiovascular systems. No swimming ability required.

Tuesday & Thursday 1:30 – 2:30 p.m.
Class Fee: \$4.75 Adults/\$3.00 Seniors

Learn to Swim at Southwest Pool!

There will be changes to our lesson program starting this summer. We are moving to a new computerized registration system that we hope will make signing up for lessons easy and fast for you! Call us at (206)684-7440 for details on how you can sign up!

For a complete Southwest Pool schedule, please call (206) 684-7440.
 Southwest Pool is located at 2801 SW Thistle Street.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Southwest Facility Rentals

For more information about rentals, please view our facility rental brochure at www.seattle.gov/parks/reservations/Facrentalguide.htm.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

You can make a difference!

The Southwest Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Southwest Advisory Council is always looking for new members. Meetings are held from 7 to 8:30 p.m. on the second Thursday of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff at 206-684-7438.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities.

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206- 615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for more information about programs for special populations, please call 206-684-4950.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Seattle Parks And Recreation Program Registration Form

in partnership with the Associated Recreation Council

This form is for NON-Day Camp programs only. Ask recreation staff for day camp registration forms as needed.



**SEATTLE PARKS
AND RECREATION**

Registration Procedures:

1. Please complete registration form entirely.
2. Payment MUST accompany registration.

Family Information: (Please complete for the adult who is financially responsible for the family account.)

(ADULT) Name: _____
Last First MI

Sex: Male Female
 (Circle One)

(ADULT) Birthdate: ____/____/____ Email Address: _____
mm/dd/yyyy

Street Address: _____ City: _____ State: _ ZIP: _____

Phone - eve: (____) _____ day: (____) _____ other: (____) _____

Family Emergency Contact: _____ (____)
Name Phone Relation

☐ **PARTICIPANT info differs from above. How does it differ?** _____

PARTICIPANT <small>(please print full name)</small>	M/F	BIRTHDATE <small>(mm/dd/yyyy)</small>	COURSE TITLE <small>(Non-Day Camp Activities ONLY)</small>	1 ST CHOICE		ALTERNATE		AMOUNT
				DATE(S)	START TIME	DATE(S)	START TIME	
								\$
								\$
								\$
								\$
*Acceptance of this request does not guarantee enrollment into a class (see back for more information).								\$
TOTAL								\$

How would you like to pay?

Person making payment _____
(required for proper refunding)

**PLEASE INCLUDE
PAYMENT**

☐ Cash (Please do not send cash through the mail.)

☐ Check or Money Order # _____

Staff Use Only

Authorization (Ref#) _____

☐ Visa ☐ Mastercard ☐ American Express

For
mail-in
only

Card #: _____ Expires: _____

Name as it appears on card: _____

Signature: _____

ASSUMPTION OF RISK AND RELEASE: I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: _____ Date: _____

For Office Use Only:

Facility Rentals — Hold Your Special Event Here!

Large Meeting Room

\$45/hr

This large room is a great spot for banquets, weddings, receptions, graduations, birthdays, or any other occasion. The room is bright and spacious with lots of potential!

Large Kitchen

\$35/hr

This beautiful kitchen has plenty of surfaces for preparations and commercial grade appliances. Chef it up!

Small and Medium Meeting Rooms

\$25–\$35/hr

These rooms are perfect for meetings of 20 to 40 people. Small classes, company meetings, religious groups, and others have all enjoyed these spaces.

Gymnasium

\$25/hr*

Our full-size gymnasium is available for your sporting needs. Bring your basketball or soccer club to practice inside!

***Non-athletic use of gymnasium**

\$100/hr

Damage Deposit*: No Alcohol

\$250

A damage deposit is taken for large events. The deposit is fully refundable as long as no damage has occurred and the space is left clean.

Damage Deposit*: With Alcohol

\$560

This deposit includes a \$60 non-refundable alcohol fee. The rest of the deposit is fully refundable as long as no damage has occurred and space is left clean. **Please note: alcohol use requires manager approval. New City policy requires renters to obtain insurance for all rentals where alcohol is served. Please contact SWCC for details.**

Booking Fee

\$15

There is a one-time booking fee for all reservations.

Staff Fees

\$17/hr

If your rental occurs outside normal operating hours or on Saturday, you will be charged a staffing fee. Rental staff are also paid for ½ hour before and ½ hour (1 hour total) after the event.

***Credit card deposits can be refunded at the end of your event; check and cash deposits take 3 to 4 weeks.**



WEDDINGS AND RECEPTIONS ❁ BANQUETS
BOARD MEETINGS ❁ CHURCH GROUPS
JAZZERCISE/FITNESS PROGRAMS ❁ BOOK CLUBS
BIRTHDAY/ANNIVERSARY PARTIES ❁ SEMINARS
TRAININGS/CLASSES ❁ SPORTS PRACTICES
TOURNAMENTS ❁ AUCTIONS ❁ FUNDRAISERS